

# WOMEN'S WELLNESS DAY 2016

A Day to explore and learn about alternative paths to  
Health and Wellness.

Friday March 4, 2016 8:30 – 5:00 pm

8:30	Registration and Breakfast Foods	
9:00	Welcome	Penny
9:05	Blessing	
9:10	Round Dance	
9:30	Emergency Preparedness	Meg and Glendora
10:00	~Guest Speaker De Alva Ward ~ Communication is the Key to Nurturing Your Body	
11:00	Get Happy	
11:15	Award Winning Flutist	Rona Yellowrobe
11:45	Honoring Women of Excellence	
11:55	Announcements for Afternoon Activities	
12:00	Lunch	
1:00 – 5:00	<u>Self-Care Time</u> Energy work with De Alva Massage Manicures Foot Zone Therapy Life Path Readings Sound Massage with Betina Crafts – Body Cream, Sugar Scrub & Body Butter Afternoon Snacks	Everyone

This Women's Wellness event strives to offer wellness and healing for women of all cultures, beliefs and ethnicities. Suggestions for future presentations are welcome.

A special thank you to all of the tribal programs and women who helped put this event together.